

Climb to the Peak of Health



*Choose how you will travel to
"Excellent Health"*

Go for it - Run, walk, bike - - - you choose!

Get into "tip top" shape!

Every step takes you closer to your goal . . .

Why do we have this guide?

A survey was completed recently in Lake County to assess community health needs.

Through this process, four areas were selected as the most important to improve the health of our community.

The Health Policy Cabinet, a group of community leaders with an interest in improving the health of everyone living in Lake County, looked for ways to share recommendations from the health needs survey.

Everyone plays an important role in making Lake County a healthy community. This guide was developed to provide ideas on what can be done - whether you are an individual, parent, school, business, or community organization.

Improvement has to start somewhere, so any effort to improve health is important. Climbing to the **"Peak of Health"** is successful only as the result of many small steps.

We challenge you to start on your personal and community-minded hike to achieve "Excellent Health."

What is "Excellent Health?"

- ◆ *Feeling fit, functional, active, accomplished*
- ◆ *Enjoying life, feeling satisfied*
- ◆ *Free of disease*
- ◆ *Economic security*
- ◆ *Strong, meaningful relationships*
- ◆ *Able to cope with life's ups and downs*

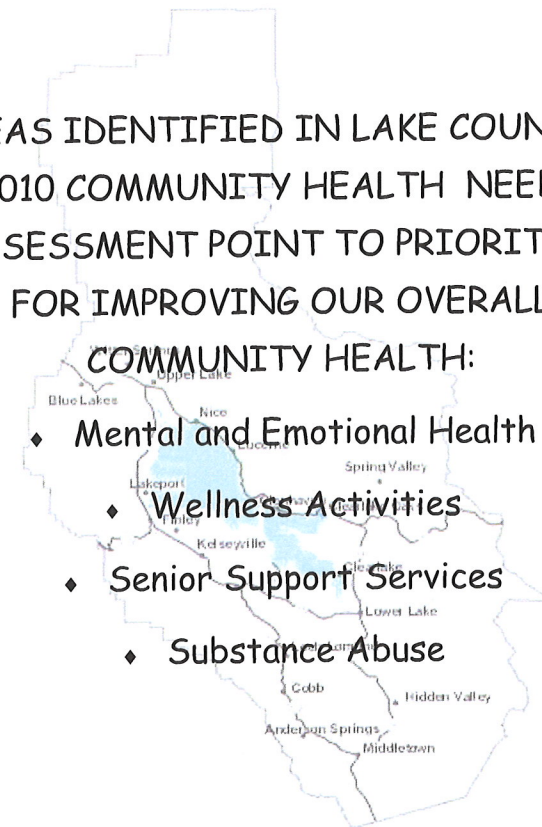


Priorities for Lake County



AREAS IDENTIFIED IN LAKE COUNTY'S 2010 COMMUNITY HEALTH NEEDS ASSESSMENT POINT TO PRIORITIES FOR IMPROVING OUR OVERALL COMMUNITY HEALTH:

- ◆ Mental and Emotional Health
- ◆ Wellness Activities
- ◆ Senior Support Services
- ◆ Substance Abuse



Path 1: Mental and Emotional Health



Milestones

Strong coping skills

Enjoy hobbies

Good relationship with friends and family

Creative and curious mindset

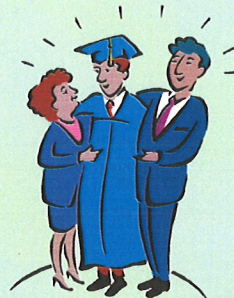
Positive self-image

Individuals/Parents

- Be physically active
- Associate with people who have positive values
- Teach/learn personal responsibility
- Practice stress management
- Pursue a hobby
- Teach/learn how to manage a budget
- Encourage accomplishment
- Take time to listen
- Be active as a family
- Volunteer
- Tend to spiritual needs

Schools

- Promote creative thinking and problem solving
- Teach coping skills
- Promote physical activity
- Assist students who need help
- Promote cooperation and courtesy
- Provide counseling services



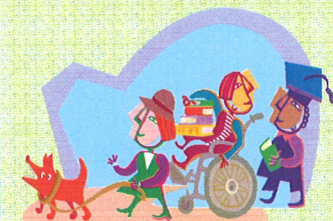
Businesses

- Promote teamwork and creativity
- Reward problem solving
- Promote a healthy work environment
- Reward collaboration



Community Groups

- Organize wholesome social events
- Organize creative activities
- Develop peer support
- Sponsor activities that are meaningful to the community



My next steps toward better health 

Path 2: Wellness Activities



Milestones

Free of preventable diseases and infections

Accident and injury-free

Physically fit

Optimal weight

Individuals/Parents

- Get recommended health and dental screenings
- Get recommended vaccinations
- Don't use tobacco
- Learn CPR
- Learn about home safety
- Learn healthful food preparation
- Wear seatbelts every time
- Drive defensively
- Exercise regularly
- Eat nutritious foods
- Limit "screen time"

Schools

- Offer health education classes and events
- Support school-based clinics
- Promote physical activity
- Adopt school nutrition programs and policies
- Support school gardens
- Teach healthful food preparation



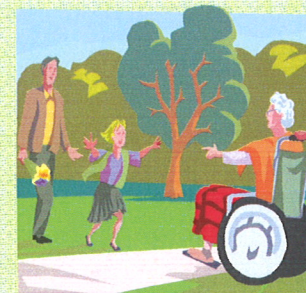
Businesses

- Adopt health policies that encourage prevention
- Support employee walking programs
- Provide facilities for healthful food preparation
- Offer employee benefits that reward healthy lifestyles

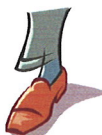


Community Groups

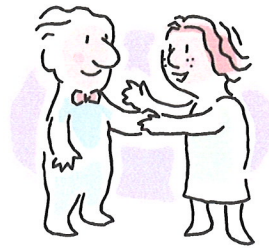
- Develop community gardens
- Offer cooking classes
- Operate food banks
- Host wellness programs such as weight reduction, walking clubs, aerobics, dance, yoga, diabetes prevention



My next steps toward better health



Path 3: Senior Support Services



Milestones

Strong social network

Secure housing, access to food

Access to safe transportation

Enjoyable hobbies

High level of physical and mental

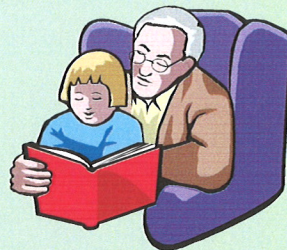
Individuals/Parents

- Maintain regular social connections and activities
- Develop/learn to use transportation resources
- Get vision and hearing checkups
- Stay physically and mentally active



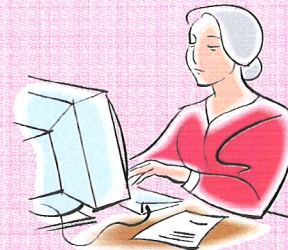
Schools

- Teach students appropriate ways to assist older adults
- Develop mentoring programs that include older adults
- Promote student participation in providing community services
- Offer story hour with elders



Businesses

- Develop ways to improve access to services by the elderly and homebound
- Offer senior passes and discounts
- Utilize senior experience and expertise



Community Groups

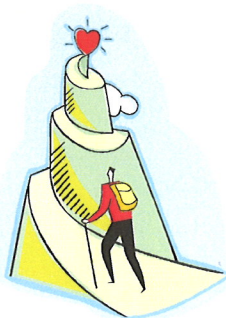
- Develop programs to check on and assist elderly
- Offer programs to assist elderly with fall prevention at home
- Maintain community gardens and nutrition programs
- Social and activity based programs (groups/home)
- Provide assistance with eyeglass purchase



My next steps toward better health



Path 4: Substance Abuse



Milestones

Freedom from misuse of
mind-altering drugs and alcohol

Individuals/Parents

- Set a drug and tobacco free example
- Observe family and friends for impairment
- Don't drink/use and drive
- Stay away from drinking, drug & tobacco using crowds
- Develop an understanding of underlying issues that may lead to substance abuse



Schools

- Observe students for impairment
- Offer substance abuse programs/referrals
- Enforce alcohol/tobacco/drug-free zones & events
- Offer Life Skills classes to assist students in making mindful choices
- Engage students in development of age-appropriate prevention messages
- Teach awareness of risk factors for substance abuse
- Offer student and staff stop smoking classes

Businesses

- Observe employees for impairment
- Adopt substance abuse work policies that intervene constructively
- Make substance abuse awareness and referral information available
- Offer confidential employee assistance programs
- Provide a smoke-free working environment



Community Groups

- Sponsor drug/alcohol/tobacco-free events
- Host 12-step and self-help groups
- Host classes on substance abuse risk and awareness
- Assist people who need encouragement to enter substance abuse treatment



My next steps toward better health



**This important health information is brought to you by the
Lake County Health Services Department and participants of
the Health Policy Cabinet:**

Area Agency on Aging of Lake and Mendocino Counties

First 5 Lake

Lake County Department of Social Services

Lake County Mental Health and AODS

Lake County Office Of Education

Lake County Tobacco Education Program

Lake County Tribal Health Consortium, Inc.

Lake Family Resource Center

Lakeside Health Center, Mendocino Community Health Clinic

North Coast Opportunities

St. Helena Hospital—Clearlake

Sutter Lakeside Hospital



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